

HOW TO

Make Your Community More Walkable and Bikeable

Create an environment that enables the people to choose active transportation!

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You play an important role in the determination of the health of your community.

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You have the power to create an environment that encourages walking and biking as a form of transportation.

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Your involvement will spur interest and action from others in the community.



Why you should increase opportunities for citizens to walk or bicycle around the community:

- **To help your community members**

People who are physically active are healthier and live longer, happier lives.

- **To increase the safety of your community**

Safer streets and sidewalks mean fewer accidents and injuries.

- **To enhance economic development**

Active transportation increases accessibility to businesses and opportunities to shop locally.

Simple Things You Can Do:

- **Talk** with decision makers from neighboring communities about what they are doing.
- **Team** up with public health, a bike coalition or a council of governments to build knowledge and support.
- **Promote** walking and bicycling to school and work.
- **Start** a Walking School Bus.
- **Keep** up with maintenance of trails.
- **Clean** sidewalks and trails quickly after snowfall.
- **Conduct** a walkability assessment of your community.
- **Set** a positive example for others to follow.



Other Helpful Resources:

- Let's Move: Take Action
www.letsmove.gov/mayors-local-officials
- The National Complete Streets Coalition
www.completestreets.org/
- National Center for Safe Routes to School: Resources
www.saferoutesinfo.org/program-tools/search-resources
- Walking with a Purpose Walkability Assessment
www.idph.state.ia.us/iowansfitforlife/common/pdf/access_your_community.pdf
- US Department of Transportation Federal Highway Administration
www.fhwa.dot.gov/livability/fact_sheets